



# Spring Into Shape 10 lb. Weight-Loss Challenge

**ORIENTATION, 5 APRIL 2004, 1300 or 1800**

**Initial weigh-in, 5 April 2004**

**Final weigh-in, 17 May 2004**

**CPT Jennifer J. Shafer Odom Fitness Center**

**(All weigh-ins are confidential and privately documented by Fitness Trainer)**

**\$10.00 Fee (cash or check only, due at orientation) includes program T-shirt, fitness guidance, nutritional tips, Certificate of Accomplishment, and personal gratification!**

**6 week program to reach your goal of becoming a 10 lb. "loser"**

**All 10 lb. "losers" will be awarded MWR prizes!**

**Registration for orientation required!**

**Call 301-619-2930/2498 to sign-up.**

[www.detrick.army.mil/wellbeing](http://www.detrick.army.mil/wellbeing)

